

Your Journey to Healthy Living

For Roux-en-Y, Adjustable Gastric Banding and Sleeve Gastrectomy Patients

Notes from your surgeons



Ray Kruger, MD, FACS | Thomas Streeter, MD, FACS | Donald Colacchio, MD | Jorge Huaco, MD, MPH | Rachel Jones, MD

The Southcoast bariatric program continues to enjoy success with the recent accreditation of our Tobey campus by the American College of Surgeons MBSAQIP program with a full three year accreditation as a Level 1 Center. Our Fall River campus is awaiting a site visit in the near future providing a second fully accredited program within the Southcoast system. This will provide all of our patients with access to surgery by the Southcoast bariatric team at Charlton Memorial and Tobey hospitals.

The sleeve gastrectomy continues to gain popularity, now being the most commonly performed weight loss surgical procedure both here at Southcoast and nationally. We continue to see very positive outcomes with this procedure as well as our Roux-en-Y gastric bypass. We are also seeing an increasing number of patients who have become dissatisfied with their LAP bands

and consider converting to either Roux-en-Y gastric bypass or sleeve gastrectomy. We have now completed close to 100 of these conversion procedures with excellent clinical results.

For all bariatric procedures successful weight loss maintenance requires close attention to the triad of food choices, portion control and activity level.

Finally, it is with mixed emotions that I mark the recent retirement of Anne Harris, PhD. Dr. Harris has been a close colleague and director of the behavioral portion of the Southcoast Center for Weight Loss since it's beginning in 2004. She and her team have been nationally recognized for their development of the excellent behavioral program, which has been incorporated here at South Coast. We wish Anne all the best in her well deserved new chapter of her life.

Nutrition



Alexandra Carlin, RD | Natia Corsi, RD | Maureen Fletcher, RD | Suzanne Kokkins, RD
Stacy Medeiros, RD | Jennifer Schlitzer, RD

I lost the weight...how do I keep it off?

A common problem after losing weight is keeping that lost weight off! Some can develop a false sense of security, lose focus on new health habits and slowly slip back into old bad eating habits.

Here are some tips to help you avoid "creeping" weight regain:

Lifestyle: Find new ways to keep yourself committed and motivated. If you feel like you are starting to snack or graze throughout the

day or are not making healthy food choices, begin a food journal. This can help catch bad habits that may have resurfaced. Food journaling can also help with drinking enough fluids, consuming protein rich foods, and eating three meals a day — all habits of successful weight loss maintenance. Trying new recipes can also be a great way to stay motivated and enjoy healthy food. Many websites have healthy recipes, including Sparkpeople,

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Southcoast Pharmacy is selling Bariatric Supplements

- > Chewable complete multivitamin
- > Chewable Calcium Citrate with Vitamin D
- > Sublingual B-12

We stock Bariatric Fusion, Bariatric Advantage and Celebrate brands as well as generic product.

Pharmacy locations:

St. Luke's Hospital
101 Page St., New Bedford

Charlton Memorial Hospital
363 Highland Ave., Fall River

Center for Primary and Specialty Care
208 Mill Road, Fairhaven

New Daytime Combined Support Groups — Nutrition & Psychology at Charlton Memorial Hospital, Fall River

See next page for dates and times.

Contact us:

100 Rosebrook Way
Suite 300, Wareham
508-273-4900

300 Hanover Street
Suite 1F, Fall River
508-973-8610

Tobey Hospital
43 High Street, Wareham
508-295-0880

Nutrition and Psychology Services
508-273-4900

Call 508-273-4900 for seminar locations.

Nurse's Corner



Jorie Borden, RN | Suzanne Clancy, RN | Michelle Croft, RN | Rachel Fortes, NP | Bethany Pereira, NP | Jodie Plouffe, PA-C

We are all being inundated with political ads, debates and media coverage where our presidential candidates are letting us know what changes they are going to make for a better America.

Have you thought about what changes you could make for a better you?

Dietary changes to get that weight off that has crept back on, exercise enhancements to improve your strength, endurance and agility or mind set changes to improve your sense of well being and optimism.

The Southcoast Center for Weight Loss staff can be of assistance to you.

Our **nutritionists** are available for support groups to get you back on track and individual appointments can be scheduled. Check this newsletter for upcoming support group topics.

The beautiful warm weather should be beckoning you outside for **walking, swimming, cycling and more**. Refer to page 64 of your weight loss surgery guide for an extensive list of opportunities for exercise; many are free and cover the areas where our patients live.

Attend **behavioral support groups** to help change that mind set. We all need support and motivation at times. You will

find a listing of those meetings and subjects in this newsletter. Reconnect with your workshop mates; remember how supportive you all were of one another. Make a date to meet for a walk or other activity. It will make you all feel better.

Maintaining a healthy lifestyle can be hard work. We all fall back to old comfortable habits at times. **Make a change and practice a new habit, then stick with it and it will get easier.**

Nutrition Support Groups

Rosebrook Medical Office Building, Wareham Tuesdays at 5:30 p.m.

3rd floor waiting room

- June 28 What are genetically modified foods (GMOs)?
- July 26 Maintain without weight gain
- Aug 23 Organic vs. non-organic
- Sept 27 Share a recipe/get a recipe

The Cape Codder Resort, Hyannis Wednesdays at 5:30 p.m.

- June 1 What are genetically modified foods (GMOs)?
- July 6 Maintain without weight gain
- Aug 3 Organic vs. non-organic
- Sept 7 Mindful eating

Charlton Memorial Hospital, Fall River Thursdays at 5:30 p.m.

Mooney Room at Southcoast Centers for Cancer Care

- June 23 What are genetically modified foods (GMOs)?
- July 28 Maintain without weight gain
- Aug 25 Share a recipe/get a recipe
- Sept 22 Organic vs. non-organic

Please note: To reach the Mooney Room at Charlton Memorial Hospital, park in the Surgery Center parking lot on Prospect Street, behind the hospital. Enter through the Centers for Cancer Care entrance. Continue straight and the room is directly ahead at the end of the hallway.

Psychology Support Groups

Patients may bring one support person with them for one group meeting per month. See where noted below.

Rosebrook Medical Office Building, Wareham Tuesdays at 6 p.m.

- June 28 Confronting old habits
- July 26 Your support system after WLS
Support person welcome to attend
- Aug 23 Planning for success
- Sept 27 Head hunger
Support person welcome to attend

Charlton Memorial Hospital, Fall River Thursdays at 6 p.m.

Mooney Room at Southcoast Centers for Cancer Care

- June 23 Body acceptance
Support person welcome to attend
- July 28 Celebrating your new healthy lifestyle
- Aug 25 Head vs. physical hunger
Support person welcome to attend
- Sept 22 B.E.D. vs. disordered eating

Daytime Combined Groups — Nutrition & Psychology at Charlton Memorial Hospital, Fall River

Mooney Room at Southcoast Centers for Cancer Care

Wednesdays, times below:

- June 8 11 a.m. Emotions after WLS
- July 13 12:30 p.m. What's changed and new about you
- Aug 17 11 a.m. Head hunger
- Sept 7 11 a.m. Confronting old habits

I lost the weight...how do I keep it off?

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Hungry Girl, LivingAfterWLS, and even Pinterest. Try new foods or new ways to prepare your favorites. For example, if chicken is a staple in your diet try using new spices, herbs, marinades to ramp up the flavor such as fresh cilantro, basil, rosemary, curry or cinnamon. How about using balsamic vinegar, Dijon mustard or fresh ginger?

Activity: Going to the gym is an important habit to keep but there are many ways to stay active in your everyday life. Try doing arm exercises with cans of soup, or a bag of rice to increase arm strength. Walk the stairs multiple times throughout the day or turn your chores into a workout. Gardening in the back yard or taking the dog for a walk around the park is also a great way to stay active

and get fresh air. Many gyms also have group fitness classes such as Zumba, swimming, yoga, and Crossfit. These classes allow you to change your routine, stay moving, have fun and give you a preset time and place to keep motivated. Only have five minutes, try the free app SWORKIT. Short video directed workouts for cardio, strength training, stretching and yoga make it easy to fit in exercise wherever you and your phone have five minutes together.

Nutrition: A common question asked by our patients is "How many calories should I eat each day?" This seems like a simple question but there are many factors to consider. Calorie needs vary based on age, weight, height, current activity level, and overall health of an

individual. A simple way to estimate how many calories you need per day is to track what you eat for at least three days using an app such as MyFitpal or Loselt. Divide by the number of days and get an average number of calories you are eating each day. If you are looking to lose weight, drop your calorie intake by 250-500 calories per day and increase your exercise.

Weight maintenance can sometimes be the toughest part of your weight loss journey. An appointment with your dietitian can help give you guidance and support to get you started.

Psychology



Maria Cruz, LICSW | Suzanne Gokavi, LICSW

Addiction/Obsessions

As you will recall from the **Lifestyle Education Groups**, addiction is an issue we really spent time talking about. Many people come to have weight loss surgery having struggled with an addiction to smoking, sugar/carbs, shopping, alcohol or drug use. For those folks, the risk of addiction after surgery is certainly higher than for those who have not had these concerns. Other people come from a history of addiction in their families and that also increases their risk of struggle following surgery. Addiction is an issue in the brain where genetics, early learned behavior and adult lifestyle patterns all come into play and of course, weight loss surgery is not brain surgery!

People who struggle with addiction or obsessive patterns often are "all or nothing" or black/white thinkers who can often do something extremely well for a brief time, but then revert to the opposite at some point, almost as though

a switch was flipped. Their brains want stimulation and anything that makes you feel good can easily be done to excess; whether that's exercise, hobbies, certain foods, cigarettes, drugs, shopping, gambling, etc. It happens over a period of time, but before you know it, your brain is telling you what it wants and you begin to feel you have lost control over these urges.

If you have found yourself struggling with these kinds of thoughts and behaviors after WLS, you are certainly not alone. Alcohol abuse alone can affect more than 17% of patients in the years following their surgery. Finding professional help, talking to others, attending support groups or 12 step programs and trying hard not to feel shame and guilt are some of the steps to take if something has taken over your life and is affecting you or your health/family/life in a negative way. Please take whatever steps are

needed to take responsibility for a growing problem and take care of yourself!

Avoiding these problems after surgery often means taking steps to find new sources of healthy stimulation as you give up certain prior pleasures (smoking, soda, junk foods, alcohol, etc.). Go out and find new hobbies, interests and activities that aren't harmful and are fun, interesting, healthy and feel good. In this way, you use your tendencies and old patterns in the best way.

Weight loss surgery is a journey of transformation, as each of you know. Being self aware and creating a healthy life for yourself is a process. If addiction or obsession is undermining your goals, look it in the face and find a way to help yourself the way you did when you chose weight loss surgery to help you with your health and weight.